



Sniffing, Huffing, Bagging

Inhalant Abuse Is on the Rise among Children and Teens



While many parents worry about their children using alcohol or illicit drugs, more and more young people are abusing common, household products. There are over 1,000 inhalants that young people can easily obtain at a low cost, including hair spray, gasoline, glue, furniture polish and air fresheners.

In general, parents are unaware of the problem of inhalant abuse and its dangerous and sometimes deadly consequences. Long-term use of inhalants can cause a loss of concentration and short-term memory, as well as hearing loss, muscle spasms, brain damage and sometimes death.

Signs and symptoms of inhalant abuse include:

- spots or sores around the mouth
- drunk, dazed or glassy-eyed look
- nausea, vomiting, loss of appetite
- anxiety, excitability, irritability
- breath and clothing that smell of chemicals

More than one in five youngsters have sniffed or "huffed" concentrated fumes to get high by the time they reach the eighth grade. Like poison, the intentional use of inhalants can be fatal.

Children and young people are surrounded at home and school by products that can be dangerous, even deadly. Make sure you find out about inhalants before your children do.